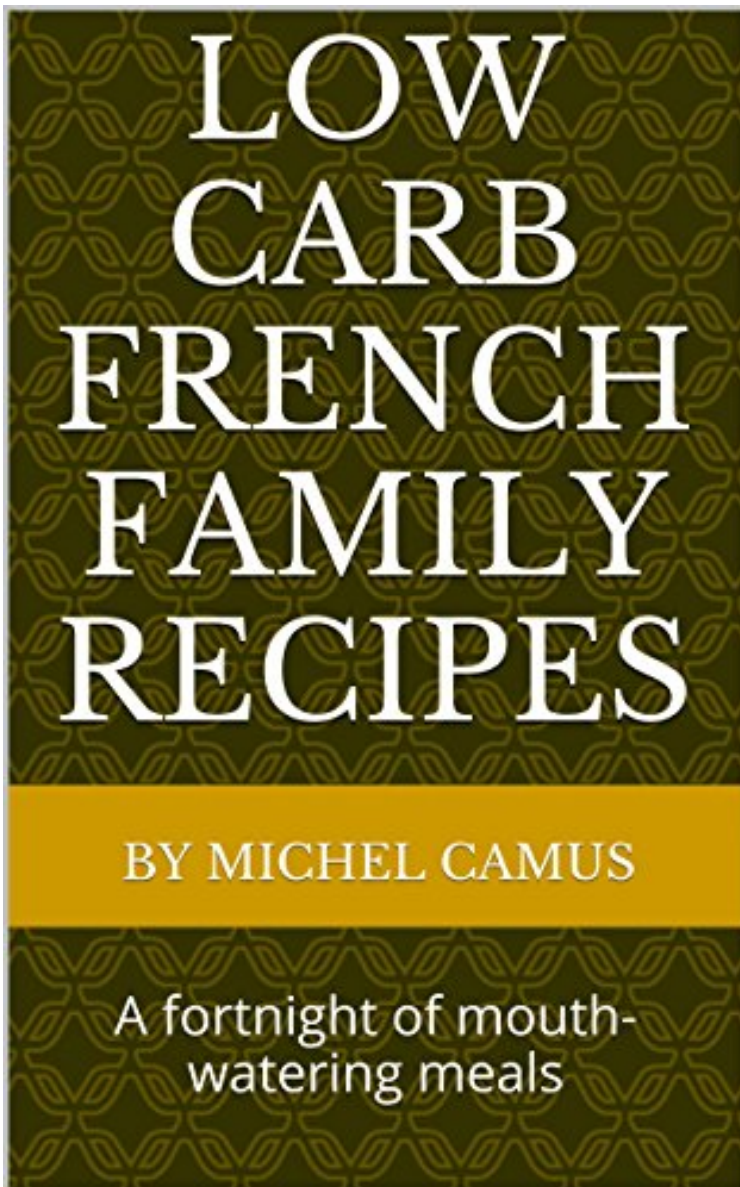


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Low carb French family recipes: A fortnight of mouth-watering meals (English Edition)



Par Michel Camus
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Description :

Prsentation de l'diteurI have brought together a small collection of some of my favourite French dishes adapted for a low-carb diet.The recipes are organised with the main meat element for each meal first. All accompanying vegetable preparations and sauces are Included at the end so you can mix and match your favourite sides and sauces for each meal as you please. With French cuisine being what it is there is wine and onion involved in some of the recipes, but the byword here is LOW carb, not NO carb.A little about me

I am a French man who has never lived in France. We travelled the world as children as our father had, how should I put it? an unusual job. We lived in Vietnam, China, Africa, the United States and Columbia to name but a few places, sampling some of the most diverse foods you can imagine. Our wonderful parents taught myself and brother and sisters that we carry our heritage in our hearts, so wherever we were in the world we would always eat French food at home and we would cook it together, each one of us had a job in the kitchen and learned so much about our country, our family and ourselves in the process. I no longer travel and eventually settled in Edinburgh where I am enjoying my late middle age. And as I got older and wider I decided to give the low carb lifestyle a try and haven't looked back. I've lost weight and feel great, but could not turn my back on those family recipes, so I adapted my favourites to low carb and wrote them all down. My daughter nagged me to publish them, so here they are. I hope you like my little book. Michel

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